

# Wellness-Fitness

FEDERAL OCCUPATIONAL HEALTH

## Living Well with Arthritis

Living well with arthritis is about taking charge and becoming an expert at your own self-care.

Self-care is essential for people living with arthritis. It starts with knowing your body and what works best for you. Be aware that your body—and its capabilities—may change day to day, even hour to hour.

### Stay active

For many years, people with arthritis were told to limit their exercise to avoid an increased risk of damage to their joints. Research has shown that exercise is actually an essential part of living well with arthritis. And while people with arthritis should first discuss exercise options with their health care providers, it has now been shown that arthritis sufferers benefit from a variety of exercises designed for them. For example, gentle range-of-motion exercises help maintain normal joint movement, and strength training can strengthen muscles that support affected joints.

Properly executed, exercise may reduce joint pain and stiffness, strengthen muscles, help bone and cartilage stay strong and healthy, and improve the ability to manage everyday activities. In conjunction with approved medicine, ample rest, and a prescribed treatment program, regular exercise can help keep joints in working order and vastly improve the quality of one's life.

Work closely with your health care provider, and, if you've been advised to stay active, choose those physical activities that are safe and that really bring you joy and lift your spirits.

### Eat Well

While eating well doesn't affect arthritis directly, it does help your body repair and recover. It can also help you stay at (or get to) a healthy weight. So, think "health first" when you make those daily food choices.

### Watch Your Weight

Whether maintaining your current healthy weight or losing weight, the key to success is ongoing lifestyle choices that include long-term changes in daily eating and physical activity habits. Realistic goals with small and consistent wins will bring you to a weight that is healthy for you.

### Choose a Positive Attitude

While the pain of arthritis can be overwhelming at times, try to take a positive attitude to help you live well with it. A positive attitude can also keep you on track with your self-care. The better you feel about yourself, the more motivated you'll be to take care of yourself.



# Managing Post-Workout Soreness

Don't let post-workout pain and soreness slow you down. Here are some useful tips that can help you protect your joints and muscles.

It's not unusual to experience soreness after a workout. In fact, you're more likely to be sore if:

- You did an activity that you're not used to (like hiking all day when you've never done that before)
- You suddenly increase the intensity, difficulty, or duration of your workout

However, there's good news: As you continue to exercise, your muscles will adapt and get used to your workouts. Over time, your muscles, joints, and connective tissues should strengthen and your post-workout soreness should decrease.

## WAYS TO REDUCE POST-WORKOUT PAIN AND SORENESS

- Warm up before you exercise, gently stretching the muscles you'll be using
- Ease into your routine. Start off with lighter exercises—go easy and build yourself up gradually
- Stretch immediately after your workout

## OPTIONS TO MANAGE MINOR PAIN AND SORENESS

### CRYOTHERAPY (ICE THERAPY)

– Cold temperatures reduce blood flow and reduce tissue swelling. If you are experiencing inflammation or swelling after a workout, applying ice to your muscles and joints may help to reduce swelling.

**HYDROTHERAPY** – Warm water may help to ease joint and muscle discomfort. If you are experiencing

pain or soreness without swelling after a workout, try taking a warm bath. The hot water may help to relieve some of the pain.

### OVER-THE-COUNTER MEDICINE

– You may use pain relievers (like acetaminophen or NSAIDs) sparingly to relieve discomfort, swelling, and stiffness.

### TAKE A LIGHTER APPROACH

– Don't stop moving altogether just because you're sore. You may benefit from doing activities that move and warm the joints and muscles without using heavy weights.

If your muscles or joints are sore after you exercise, there may be a couple of reasons:

**OVERUSE** – Exerting yourself beyond your normal level of activity can cause microscopic tearing of the muscle fibers. This tearing heals itself, but you may feel sore.

**OSTEOARTHRITIS** – This condition is caused when the cartilage that cushions your joints begins to wear away. Your joints can become swollen and stiff, causing you to experience pain.

**INJURY** – The sudden and sharp pain of an injury is different from the pain you can get from overexertion.

If you've injured yourself or think you may have arthritis talk to your health care provider immediately.

As always, be sure to check with your doctor before starting any exercise regimen.







# Reasons to Buy “In Season”

In-season and local produce tends to be the freshest, best-tasting, and most affordable.

Thanks to modern farming technology, world food markets, and international shipping, you can pretty much buy any fruits and vegetables you want at any time of the year. However, there are some really good reasons to buy them when they are “in season.” Produce bought in season and from nearby farms is usually at its nutritional peak, and the height of flavor and freshness. And it doesn’t hurt that in-season produce tends to be the cheapest, so you will save some “green” by buying it.

## WINTER

Apples  
Belgian Endive  
Bok Choy  
Brussels Sprouts  
Cherimoya  
Chestnuts  
Coconuts  
Dates  
Grapefruit  
Kale  
Leeks  
Mushrooms  
Oranges  
Parsnips  
Pear  
Persimmons  
Radicchio  
Red Currants  
Rutabagas  
Sweet Potatoes  
Tangerines  
Turnips  
Winter Squash  
Yams

## SPRING

Apricots  
Artichokes  
Asparagus  
Baby Lettuce  
Broccoli  
Chives  
Collard Greens  
Fava Beans  
Fennel  
Green Beans  
Honeydew  
Mango  
Morel Mushrooms  
Mustard Greens  
Oranges  
Limes  
Peas  
Pineapple  
Rhubarb  
Snow Peas  
Spinach  
Strawberries  
Sweet Corn  
Sugar Snap Peas  
Swiss Chard  
Vidalia Onions  
Watercress

## SUMMER

Apricots  
Beets  
Bell Peppers  
Blackberries  
Blueberries  
Boysenberries  
Cantaloupe  
Casaba Melon  
Cherries  
Cucumbers  
Eggplant  
Figs  
Garlic  
Grapefruit  
Grapes  
Green Beans  
Green Peas  
Honeydew Melons  
Kiwifruit  
Lima Beans  
Limes  
Loganberries  
Nectarines  
Okra  
Peaches  
Plums  
Radishes  
Raspberries  
Strawberries  
Sweet Corn  
Summer Squash  
Tomatillo  
Tomatoes  
Watermelon  
Zucchini

## FALL

Acorn Squash  
Apples  
Bok Choy  
Broccoli  
Brussels Sprouts  
Butternut Squash  
Cauliflower  
Celery Root  
Chayote Squash  
Cherimoya  
Coconuts  
Cranberries  
Diakon Radish  
Endive  
Garlic  
Ginger  
Grapes  
Guava  
Huckleberries  
Kohlrabi  
Kumquats  
Mushrooms  
Parsnips  
Pear  
Persimmons  
Pineapple  
Pomegranate  
Pumpkin  
Quince  
Rutabagas  
Sweet Potatoes  
Swiss Chard  
Turnips  
Winter Squash  
Yams

